

P R I N T I N G S P E C I F I C A T I O N S

Title: **Diabetes Wallet Card (English and Spanish versions)**

Size: 3.75 x 8.875

Paper stock: 80# Fortune Gloss Cover, White

Ink colors: Pantone 286, Pantone 326, and Black

Special instructions: 2-sided printing. Score and fold (with gate fold) to 3.75 x 2.25

DOH Pub #: 345-004

DOH Contact: Kathleen Clark, Diabetes Control Program, 360-236-3608

National Diabetes Education Program 1-800-438-5383
American Diabetes Association 1-800-628-8808

American Association of Diabetes Educators 1-800-338-3633



Diabetes Control Program
(360) 236-3617
DOH 345-004 7/2000

HbA_{1c} Target: _____ less than 7%
Blood Pressure Target: _____ less than 130/85
Cholesterol Target: _____ less than 200
LDL Target: _____ less than 100
HDL Target: _____ greater than 45
Triglycerides Target: _____ less than 200

Name: _____ Ph: () _____
Doctor: _____ Ph: () _____
Diabetes Educator: _____ Ph: () _____
Dietitian: _____ Ph: () _____
Pharmacist: _____ Ph: () _____
Foot Doctor: _____ Ph: () _____
Eye Doctor: _____ Ph: () _____
Dentist: _____ Ph: () _____

MY DIABETES CARE INFORMATION

**Control your
diabetes.**

NATIONAL
DIABETES
EDUCATION
PROGRAM

MY DIABETES CARE GOALS

For more information about diabetes call:

To find a diabetes educator near you:

ADA Standard



For Life.

Here is a list of items for good diabetes care suggested by the American Diabetes Association (ADA). Take this card to your primary care provider or diabetes educator when you visit them so that **YOU** can control your diabetes. For life.

Review home blood sugar records (every visit)				
HbA _{1c} (every 3-6 months)				
Weight (every visit)				
Foot exam (every visit)				
Foot check of circulation and nerves (once a year)				
Blood pressure (every visit)				
Cholesterol/LDL/HDL (once a year)				
Triglycerides (once a year)				
Urine test for protein (once a year)				
Dilated eye exam (once a year)				
Dental exam (once a year)				
Flu shot (once a year)				
Pneumonia vaccine (generally once)				
Meal plan (with a registered dietitian)				
Physical activity plan				
Home blood sugar testing plan				
Low/high blood sugar treatment plan				
Foot care plan				
Medication plan				
Sick day plan				
Stress management plan				

Stop smoking Eat less fat Become more active Let others help
 Test blood sugar regularly Eat 5 fruits & vegetables daily

Control your
diabetes.

MY DIABETES CARE CHART



Physician exams:

Date of Visit

Review with your diabetes educator:



Other things you can do: